

New Canaan, CT Senior Health
Technology & Tele-Health Committee-
Health & Human Services Commission

Using Health Care Technology to Enhance New Canaan As An *Optimal Livable Community*

Enabling Aging in Place, Reducing Health Costs, Improving Care Quality



January 14, 2013
Livable Communities Forum
CT Commission on Aging & CT Conference of Municipalities
Hartford, CT

James L. Lisher
Chairman, Health & Human Services
jlisher@aol.com

Starting Assets Inventory for New Canaan as *The Livable Community*-A great place to Grow Up & Grow Old

A. Housing

- 1) Independent Housing- Condos & One Story- 1400 units (22% of housing stock- some dated)
- 2) Assisted Living
 - a. 39 Units of General AL
 - b. 20 Units of Dementia AL
- 3) Nursing Care
 - a. 76 Units Full Care
 - b. 33 Units Dementia Care
- 4) Affordable Housing
 - a. School House Apartments- 40 Units
 - b. Mill Apartments- 23 Units + Mill Port Apartments- 20 units

B. Health Care

- 1) Town Staff of 4 RN's as Senior Citizen case workers/ Public Health Nurse
- 2) Three Community Hospitals within 15 miles- Yale New Haven & NYC Hospitals(40 miles away)
- 3) Brown Geriatric Clinic (Yale Connection)
- 4) 2 local hospital satellites in town
- 5) Soon... a 24/7 Urgent Care

C. Community Services

- 1) Staying Put- Aging In Place services & Transport by members
- 2) Lapham Community Center
- 3) Get About - 4 Units of On-call Transport (& Norwalk Transport on Weekends)
- 4) Meals On Wheels
- 5) Red Cross

Toward Building New Canaan as an ***Optimal Livable Community***

2010 Key Recommendations & Innovations Underway

A. Positive Senior Friendly Community Cues

- 1) Installed 22 Benches on major walkways
- 2) Tax Abatement Recommendation before Town Council

B. Promote Affordable Independent & AL Housing

- 1) Middle Class Senior Affordable Housing- 80-120 Units within 10 years
- 2) Work with Waveny Care Network to add 40-60 units of Assisted Living 1 & 2 bedrooms

C. Leveraged Health Care (Better Quality Health Delivered at Reduced Cost)

- 1) Improved Town-wide Health Care & Quality via focus on Wellness & Education
- 2) **Pilot Technology to enable aging in place at home**
---Improved efficiency with compassion

New Canaan Video Tele-Health Wellness Pilot

Using technology to improve health care aging in place at home



New Canaan Video Tele-Health Wellness Pilot

Objectives of Pilot

- 1. Gain participant experience with use of in-home health technology to maintain health, wellness and quality of life...particularly among seniors**
- 2. Study benefits of regular and informed contact with town health care professional for improving public health**
- 3. Develop experience with the use of in-home technology to demonstrate how quality of senior life & health can be positively influenced**
- 4. Gather information for a potentially larger area formal study of senior aging in place health care**
- 5. Create smarter health care consumers of all ages**